



**The Development of a New Triphasic Oral
Contraceptive: The Proceedings of a Special
Symposium held at the 10th World Congress on
Fertility and Sterility, Madrid July 1980**

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R. B. GREENBLATT The original oral contraceptives contained more oestrogen in the form of ethinyloestradiol or mestranol and progestagen in the form of norethynodrel or norethisterone than was necessary for conception control. There has been a trend over the years to reduce dosages of both components in order to minimize side effects while ensuring effectiveness. However, as dosages were lowered, there has been an increase in spotting and break through bleeding during the first few months of their administration. The sequential pill appeared more physiological in that it followed more closely physiological principles, but the need to employ large doses of EE or EE3ME to inhibit ovulation and the higher pregnancy rate made the sequential regimen less attractive or useful. A triphasic formulation has become available that takes advantage of the synergism between ethinyloestradiol and the potent levonorgestrel so that low doses of the oestrogen and very low doses of the progestagen could be employed with great effectiveness. Such a preparation is relatively free from side effects, partly because the basic pharmacological tenet of the minimal dose for the desired result and the division of the cycle into three parts using 30 µg of EE for the first 6 days, then 40 µg, followed by 30 µg for 10 days, for a total of 21 days, thus more or less mimicking the physiological rise and fall of 125 THE DEVELOPMENT OF A TRIPHASIC ORAL CONTRACEPTIVE.

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